# Top 5 Benefits of Exercise

**1  Controls Weight**
The more intense the activity, the more calories you burn.

**2  Combats Health Conditions and Diseases**
Regular exercise helps prevent or manage a wide range of health problems and concerns, including stroke, type 2 diabetes, depression, arthritis and various types of cancer.

**3  Improves Your Mood**
Exercise (no matter the intensity) increases the production of endorphins - producing positive feelings and reducing the perception of pain.

**4  Boosts Your Energy**
Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently, improves muscle strength and boosts endurance.

**5  Promotes Better Sleep**
Regular physical activity can help you fall asleep faster and deepen your sleep.

*Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week.*